



Coastal Bend Healthy Marriage Coalition

www.cbhmi.org

April 2009



COALITION MEMBERS

2-1-1 Texas/United Way Helpline
Acorn Christian Counseling
Alice Counseling Center
AVANCE-Corpus Christi
Central Christian Church
Change Dynamics CB
Christian Women's Job Corps-Alice
Communities in Schools, C.C. Inc.
Family Counseling Service
Family Enrichment & Play Therapy, PA
Family Outreach-Corpus Christi, Inc.
Fleet & Family Support Center - NASCC
Ginger-Flewelling-Leeds VGFL Enterprises
Homes with Harmony
Maximus
New Vision
Northwest Behavioral Health
Nueces County Community Action Agency
Padre Behavioral Hospital
Protective Operations Management Group
SERCO of Texas
Shelley & Assoc. Counseling & Consultant
South Texas Family Connections
So. TX Public Broadcasting System, Inc.
Spaulding for Children
Superior Health Plan
Taking Back the Streets in the Name of
Jesus Christ Ministries, Inc.
TX Health & Human Services Commission
The Council on Alcohol & Drug Abuse CB
The Women's Shelter of South Texas
Volunteer Center of the Coastal Bend
Workforce Solutions
YAP, Inc.

INDIVIDUAL MEMBERS

Rene Bourassa
Linda Copado Rincon
Leonor Cortez
Kayla Devora
Deborah J. Ferguson
Ruben Garcia
Jose M. Gonzalez
Dorothy Guerrero
Josie Kaufman
Desiree Lara
Linda National
Raymundo Nesmith
Vanessa Ortiz
Yanira Perez
Ruby R. Rodriguez
Marki Rowe
Jo Beth Walter

* New Members

Advice on addressing a money crisis

Don't let money events turn into conflicts about money issues.

"Just because the Visa bill came today and it's higher than someone expected doesn't mean the moment you open it is the best time to deal with it," said marital researcher Scott Stanley.

Instead, pick a regular time each week to talk about money.

"If you let it come up at any time, not only is there a sense of being out of control, but there is no way to relax with each other," he said.

Plan for the weekly money date to last an hour. Don't just talk about immediate problems, but also discuss goals and dreams.

"You can't just set up a foundation and think you can continue to build on it and everything will be fine," said Kim McGrigg of Consumer Credit Counseling Services of Greater Denver. "Changed circumstances require changed financial plans. Life happens. People get sick, lose jobs and make (financial) mistakes. All these things can be handled if you continue to communicate and are flexible."

Listen.

"The real problem is communication," said Gary Nickelson, president of the American Academy of Matrimonial Lawyers.

"Some people say, 'There's no reason you should be playing golf this weekend' or 'You shouldn't be getting your hair or nails done.' This is where people need to listen." Maybe golf is a necessary outlet from stress, or hairstyling makes someone feel better about themselves. Maybe giving up something else would work better.

"I hear so many people talk about what's fair," he said. "But that is in the eye of the beholder."

Be compassionate.

"Work together to develop a way of supporting each other emotionally," Stanley said. "It can be just listening or a hug." Find out what works best for your partner, "then ramp it up a bit, and be there for each other when life is beating on you."

By The Denver Post, Feb. 26, 2009

Coastal Bend Healthy Marriage Coalition's Mission

We believe it takes the entire community to build healthy marriages; therefore, the Coalition will promote healthy marriages and strengthen family relationships in our community through collaboration and education.

The Coalition meets monthly and is open to any organization or individual who believes in promoting healthy relationships. To join, contact Pam Miles, President, at 361/225-1098 or pam.miles@coastalworksource.com

A project of the Nueces County Community Action Agency—Funded by the Texas Health and Human Services Commission

**Nueces County Community
Action Agency**

361-883-7201

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Healthy Marriage Initiative
www.cbhmi.org



Easter egg hunts with a twist

Want to spice up this year's Easter egg hunt? Here is one suggestion for older kids. Some older children (twens) may still love to hunt for hidden Easter eggs. Purchase plastic eggs and put coupons in them (i.e., 'This coupon allows you to stay up one hour past your bedtime,' or, 'This coupon is good for a trip to the mall and the purchase of the outfit of your choice'). Also hide money -- five or 10 dollars. They may absolutely love it, and look forward to Easter egg hunting.

www.parenting.ivillage.com

**Healthy Marriage Development Program (Head Start & TANF)
April Workshops**

The Healthy Marriage Development Program offers singles and couples workshops. Each session is 4 hours for 5 consecutive weeks. Call Lizette Aragon at (361)-883-7201 ext. 30.

Tuesdays

April 7 - May 5, 2009

5:30 p.m. to 9:30 p.m.

Couples Session (Spanish)

Wednesdays

April 8 - May 6, 2009

5:30 p.m. to 9:30 p.m.

Singles Session

Tuesdays and Thursdays

April 9 - May 19, 2009

12:30 a.m. to 2:30 p.m. (Daytime)

Singles Session

CHMI April Workshops

Call 883-7201 Ext. 27

These Healthy Marriage sessions are 8-hours, free and for anyone 18-years and older.

Saturday April 4, 2009

9:30 a.m. to 5:30 p.m.

The Foundation 2121 Mary Street
Corpus Christi, TX.

Tuesdays April 7, 14, 21, 27

2 p.m. to 4 p.m.

Rainbow House 1927 Leopard St.
Corpus Christi, TX.

Tuesdays April 7, 14, 21, 27

6 p.m. to 8 p.m.

Family Outreach, 1444 Baldwin
Corpus Christi, TX.

Saturday April 18, 2009

10 a.m. to 6 p.m.

913 Corazon
Alice, TX.

**PreMarital Together in Texas
April Workshops**

The Pre-Marital Together in Texas program offers free 8-hour marriage classes. Couples who complete a class will save \$60 on their marriage license.

Please call for location details.

April 6 -7, 2009

6 p.m. - 10 p.m.

Contact: Ben Figueroa
Phone: (361) 522-2666

April 18, 2009

9 a.m. - 5:30 p.m.

Contact: Family Outreach
Phone: (361) 888-6041

April 25, 2009

9:30 a.m. - 5:30 p.m.

Contact: Lupe Valdez
Phone: (361) 334-4046

April 25, 2009

9 a.m. - 5 p.m.

Contact: Richard Ward
Phone: (361) 937-8711